

Progress M1-10 Docking Mechanism Removal

GMT	CREW	ACTIVITY
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45		Work prep
07:45–07:50	CDR	PLANTS-2: payload status check
07:50–08:05		Daily planning conference (<i>S-band</i>)
08:05–08:15		Work prep
08:15–08:25	FE-1	Increment 7 daily payload status check
08:25–08:35	FE-1	CWC inventory audit
08:35–08:50	FE-1	Food questionnaire
08:40–08:55	CDR	IMS tagup (<i>S-band</i>)
08:55–09:15	CDR	DIATOMEA: prep for RUBINAR video downlink
09:00–09:35	FE-1	Maintenance of COЖ
09:15–09:25	CDR	DIATOMEA: RUBINAR video downlink
09:25–09:35	CDR	DIATOMEA: RUBINAR closeout ops
09:35–11:05		Progress M1-10 docking mechanism removal
11:05–12:05	FE-1	Physical exercise (TVIS)
11:05–12:05	CDR	Physical exercise (VELO + Load Trainer 1 / day 4)
12:05–13:05		LUNCH
13:05–15:40	FE-1	Progress M1-10 unloading and IMS tracking
13:05–16:25	CDR	Progress M1-10 unloading and IMS tracking
15:40–16:00	FE-1	Transfer of TVIS/RED files to MEC
16:00–16:25	FE-1	Transfer of HRM data to MEC
16:25–16:40	FE-1	HRM data erase
16:25–16:50	CDR	IMS file prep
16:40–18:10	FE-1	Physical exercise (RED)
16:50–18:20	CDR	Physical exercise (TVIS-4)
18:10–18:20	FE-1	Photo survey of damaged RED cable
18:20–18:35		Daily planning conference (<i>S-band</i>)
18:35–19:00		FD/ISS crew conference (<i>S-band</i>)
19:00–19:30		Daily plan review
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

See OSTP for references to US activities.

End of radiogram